



# Spirituality

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A Powerful Tool








A person is silhouetted against a vast, starry night sky. The Milky Way galaxy is visible, stretching across the frame with a vibrant pink and purple glow in the center. The sky transitions from a deep blue on the right to a bright yellow and orange glow near the horizon. The person stands on a dark, rocky outcrop in the foreground, looking up at the stars.

**CONNECTION**





**Unlimited peace  
Unlimited joy  
Unlimited love**

# Why Spirituality?

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Provides a direct connect to the heart.

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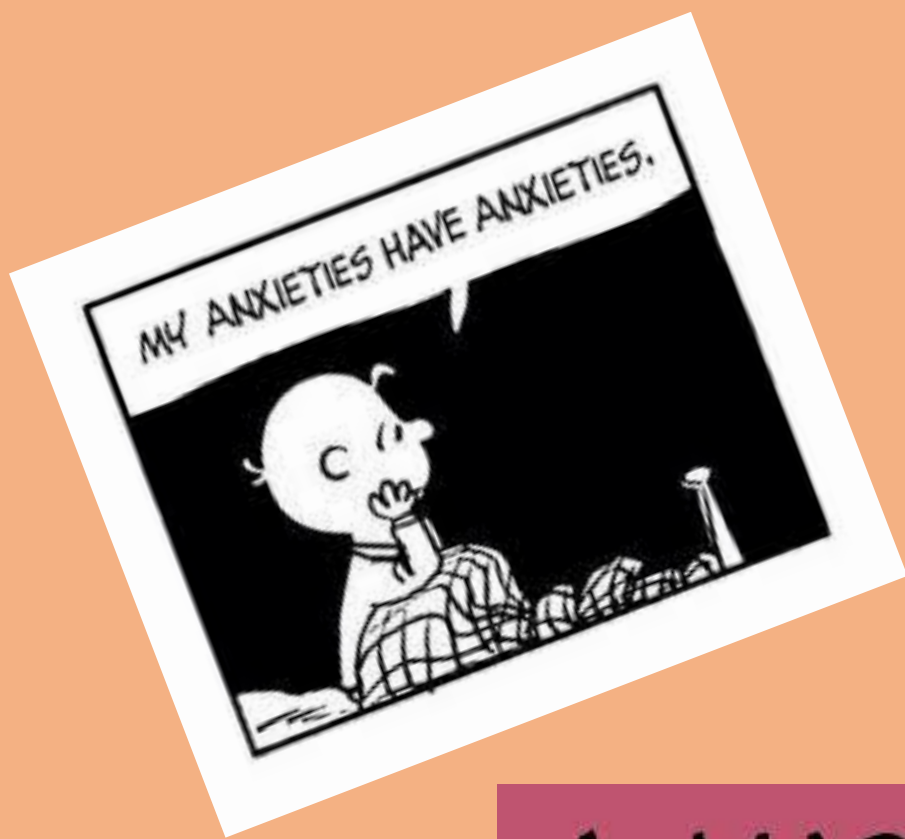
Offers hope when you feel you have none.

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Without it caregiving often turns us into some we don't like.









# Benefits of Inner Work



**Raises Toleration**



**Lowers Stress**











# Knowledge and Wisdom

Wisdom requires us to take action  
on what we've learned.

Knowledge + Action = Wisdom



**I don't care what you know.**

**I care how you act.**







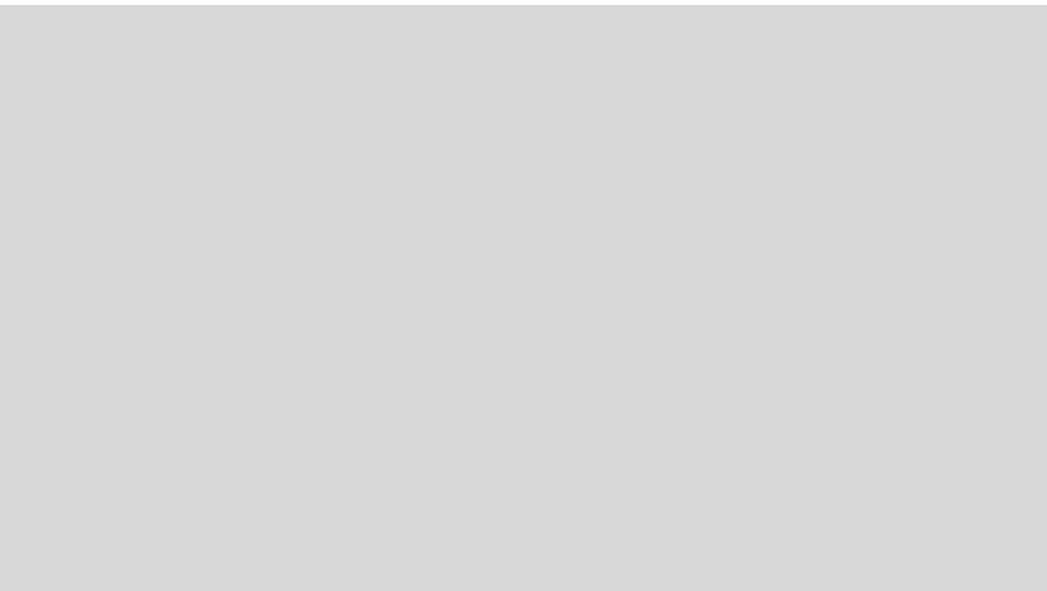
**Spiritual Work  
is Inner Work**



SPIRITUAL WORK  
IS A LIFESTYLE

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# BE A DETECTIVE

If you can't see it, you can't change it.









## **REMINDE YOURSELF**

- HOW RESILIENT YOU ARE.**
- THIS TOO SHALL PASS**
- THERES MORE TO THE STORY**

## **SPIRITUAL ROLE MODELS**

- HOW DID THEY SURVIVE?**
- WHAT DID THEY DO?**
- FIND INSIGHT FROM THEIR LIFE**
- YOU ARE NOT ALONE**

# Spirituality...

**Walk the Talk - How is your  
Faith and values reflected in your  
caregiving and day-to-day life?**

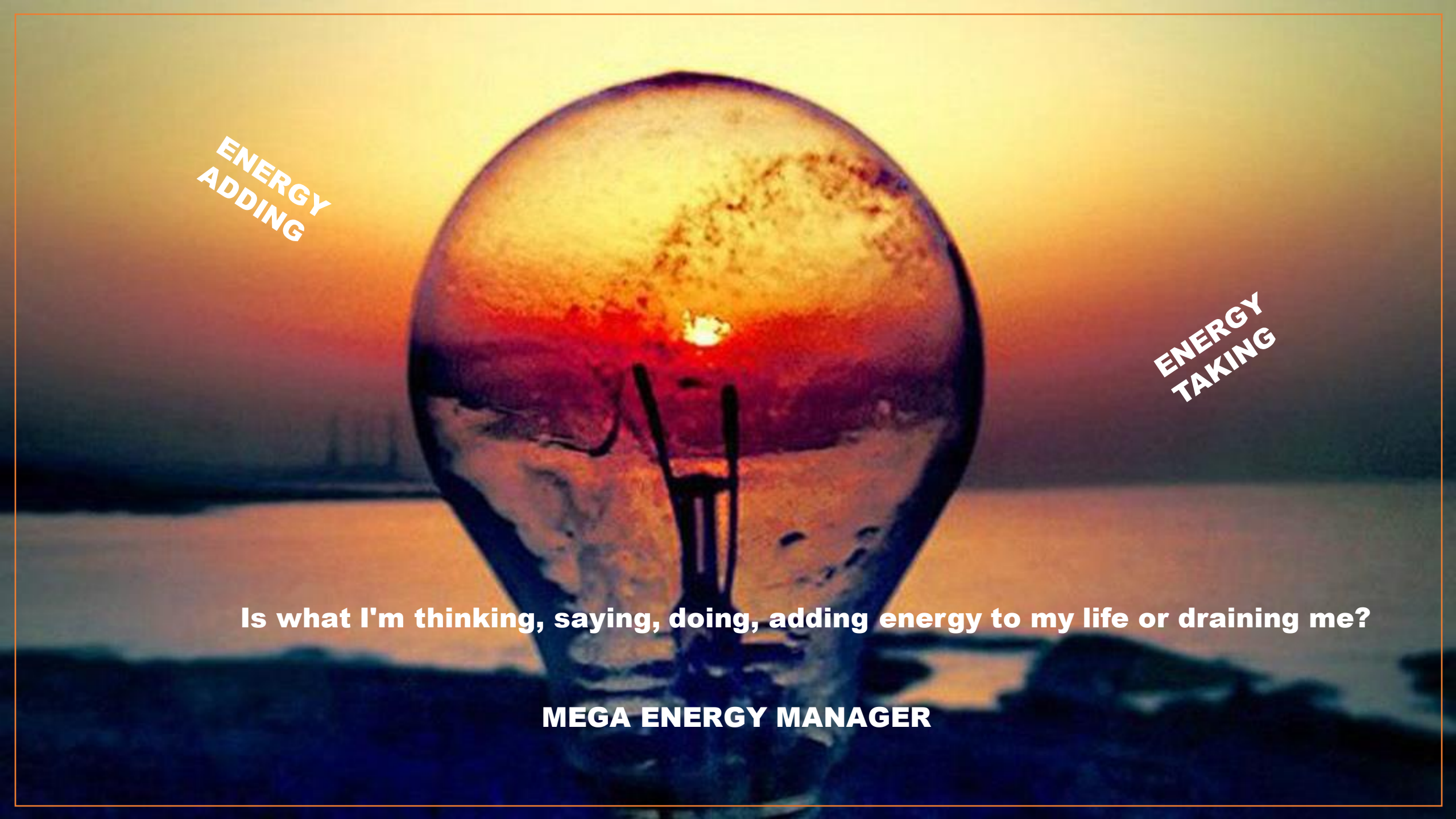




A close-up photograph of a pink flower, likely a gerbera, with several large, overlapping petals. The petals are a vibrant pink color and have a slightly textured surface. The center of the flower is visible on the left side, showing a cluster of smaller, darker pink and green structures. The background is blurred, showing hints of green and blue. The text is overlaid on the image in white, with the top line enclosed in a white rectangular box.

BEING A PEACEFUL PRESENCE

NO FIXING  
NO CURING  
JUST LOVE

A glowing lightbulb is the central focus, set against a background of a sunset or sunrise over a body of water. The lightbulb's filament is visible, and it glows with a warm, golden light. The background transitions from a bright yellow at the top to a deep blue at the bottom. The text 'ENERGY ADDING' is positioned in the upper left, and 'ENERGY TAKING' is in the upper right. At the bottom, a question and the title 'MEGA ENERGY MANAGER' are centered.

**ENERGY  
ADDING**

**ENERGY  
TAKING**

**Is what I'm thinking, saying, doing, adding energy to my life or draining me?**

**MEGA ENERGY MANAGER**



**Start Small**







# NUTS AND BOLTS OF INNER WORK

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- **Self-awareness**
- **Self-knowledge**
- **Self-love**





**MAKE FRIENDS  
WITH FEAR**





# MAKING FRIENDS WITH FEAR

- - Creates an opportunity for choice to show up.
- - Reduces anxiety and stress.
- - Can expand your perspective.
- - Create a toolbox of healthy coping skills.



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## SHOVING FEAR DOWN

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- - Blurs clarity .
- - Invites unhealthy coping skills.
- - Limits perspective.





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# SPIRITUAL TOOLBOX

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## SPIRITUAL TOOLS

- POSITIVE SELF-TALK
- PRAYER
- SUPPORTIVE FRIEND
- SACRED READING
- WALK IN NATURE
- CALMING MUSIC
- QUIET TIME
- HEART BASKET
- RESOURCE/SUPPORT TEAM
- SACRED SPACE

## REMIND YOURSELF

- HOW RESILIENT YOU ARE
- WHAT YOU'VE MADE IT THROUGH
- THAT THIS MOMENT SHALL PASS
- IT'S ALL OKAY
- THERE'S MORE TO THE STORY
- ASK FOR HELP









# SACRED SPACE



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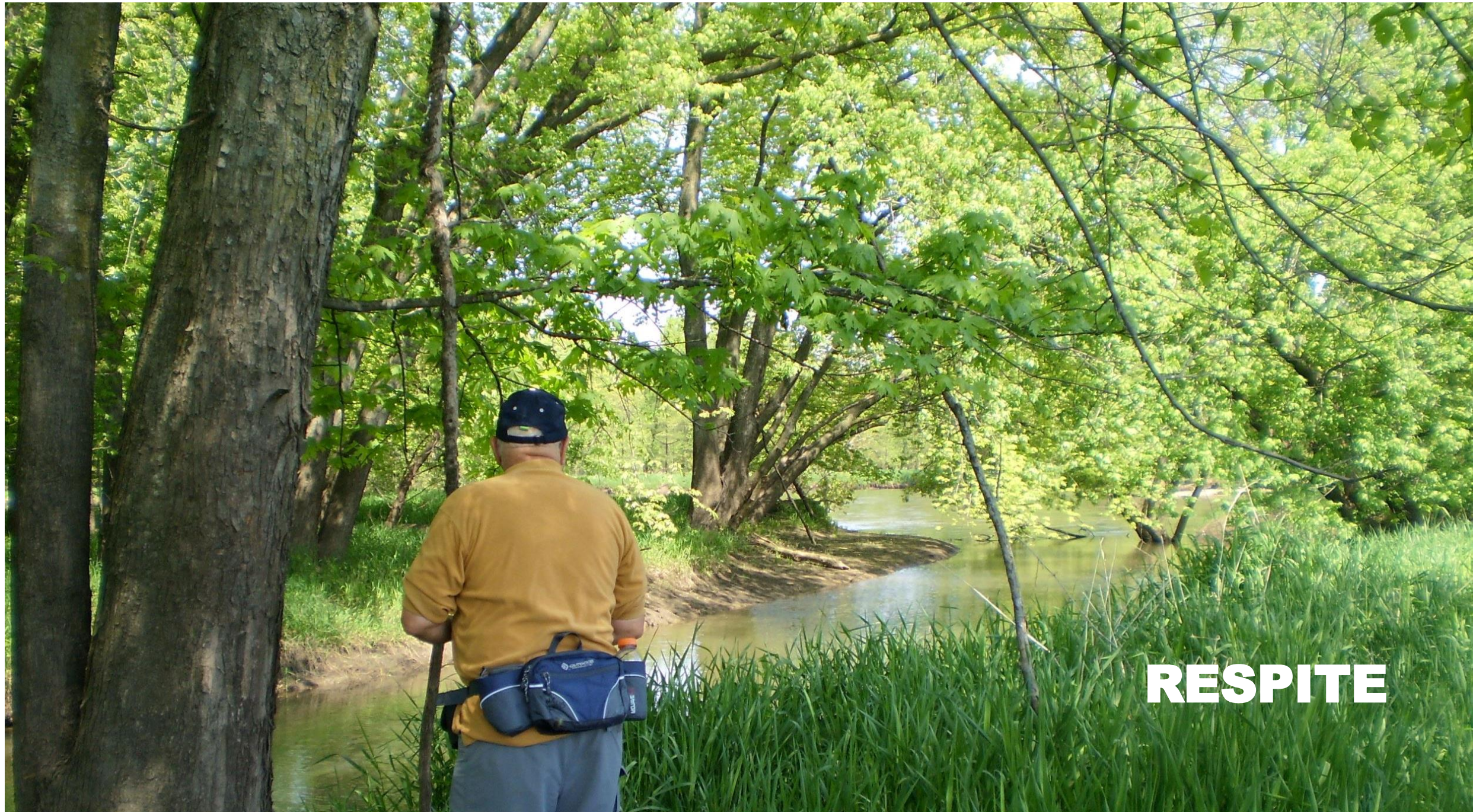




**PLAY**







**RESPITE**



**LOVE**



When Mahatma Gandhi was asked what his message was to the world, he replied, "My life is my message."









# Thank you...

May you be blessed with the peace, love, and clarity you deserve.

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